

Avoid Portion Distortion!

Portion Distortion

20 YEARS AGO TODAY DIFFERENCE



333 Calories

Lifting weights for **1 HOUR AND 30 MINUTES** burns approximately 257 calories* **Based on 130-pound person*



590 Calories

Lifting weights for **1 HOUR AND 30 MINUTES** burns approximately 257 calories* **Based on 130-pound person*

257 MORE CALORIES

Lifting weights for **1 HOUR AND 30 MINUTES** burns approximately 257 calories* **Based on 130-pound person*



500 Calories

Playing golf (while walking and carrying your clubs) for **1 HOUR** burns approximately 350 calories* **Based on 160-pound person*



850 Calories

Playing golf (while walking and carrying your clubs) for **1 HOUR** burns approximately 350 calories* **Based on 160-pound person*

350 MORE CALORIES

Playing golf (while walking and carrying your clubs) for **1 HOUR** burns approximately 350 calories* **Based on 160-pound person*



500 Calories

Housecleaning for **2 HOURS AND 35 MINUTES** burns approximately 525 calories* **Based on 130-pound person*



1,025 Calories

Housecleaning for **2 HOURS AND 35 MINUTES** burns approximately 525 calories* **Based on 130-pound person*

525 MORE CALORIES

Housecleaning for **2 HOURS AND 35 MINUTES** burns approximately 525 calories* **Based on 130-pound person*



85 Calories

Working in the garden **35 MINUTES** burns approximately 165 calories* **Based on 160-pound person*



250 Calories

Working in the garden **35 MINUTES** burns approximately 165 calories* **Based on 160-pound person*

165 MORE CALORIES

Working in the garden **35 MINUTES** burns approximately 165 calories* **Based on 160-pound person*



210 Calories

Vacuuming for **1 HOUR AND 30 MINUTES** burns approximately 290 calories* **Based on 130-pound person*



500 Calories

Vacuuming for **1 HOUR AND 30 MINUTES** burns approximately 290 calories* **Based on 130-pound person*

290 MORE CALORIES

Vacuuming for **1 HOUR AND 30 MINUTES** burns approximately 290 calories* **Based on 130-pound person*



270 Calories

Doing water aerobics for **1 HOUR AND 15 MINUTES** burns approximately 360 calories* **Based on 160-pound person*



630 Calories

Doing water aerobics for **1 HOUR AND 15 MINUTES** burns approximately 360 calories* **Based on 160-pound person*

360 MORE CALORIES

Doing water aerobics for **1 HOUR AND 15 MINUTES** burns approximately 360 calories* **Based on 160-pound person*